



Moccasin Trail

SEPTEMBER 2021

Points of Interest:

- Chair Yoga Schedule
- Legal Aid dates with Linda LaRue
- Not accepting donations at this time
- National Holidays for September
- Only 4 to a table in dining room at all times
- Senior Club Meeting:
Wednesday, Sept. 8th at 10:00 am in our Sunroom



Hello Again!

Our first senior in the building after 18 months was Mr. Clark Lazore! We couldn't be happier to see everyone back. We had a pretty big response of 50 guests for congregate on the first day. So big that it might have scared everyone away because we only have about 5-8 for lunch every day since. Everyone is at a different comfort level and we respect that. That's why we have congregate, Grab-n-Go, and Home delivered Meals.

Face Covering REQUIRED!

All persons must wear a mask or face covering that fully covers the nose, mouth, and chin in indoor premises as required by the Saint Regis Mohawk Tribe.

Please remember to wear your mask when you:

- Enter the building
- Walk to the restroom
- Ride the bus or any other OFA vehicle
- Visiting
- Attend Activities or Exercise Classes



Inside this Issue:

Senior Club Page	2
Building Improvements	3
National Holidays	4
Craft Classes	5
Calendar	6 & 7
COVID Talk Article	8
Alzheimer's Association Help	10
Birthday's	11

We will be Closed on:

Monday, September 6th: Labor Day
Friday, September 24th: Planning Day



Saint Regis Mohawk Senior Citizens Club



2021 Club Dues are still being accepted. Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00 American to:

PO Box 1106
Hogansburg, NY
13655

Membership due's for 2022 are being accepted in October.

Senior Club Meeting!

Wednesday, September 8th at 10:00 a.m.
in the Senior Center Sunroom

With rising cases, trips are not being scheduled at the moment.

Volunteers Needed!

We are in need of volunteers to be the runners on Bingo Mondays. Volunteers can now play.

We also need club members to volunteer to sit in the office and accept membership dues from walk-in's. You can choose the time and day that best fits your schedule. Please call Karen White at 518-319-5267 if you are interested.

Thank you Diane Linzy for your donation in honor of the late Jimmy Cook.

Our Condolences to the families of Jimmy Cook and Annette Armstrong.

August Coloring Contest Winners



Congratulations Bea White and Dorothy Cole on winning the August coloring contest!

Our next contest will be from September 1st to Wednesday, September 8th. Please hand in by 11:00 a.m. If you need it to be picked up please call Katie or Joy.



Building Improvements!!!

Yes, we have fresh coats of paint in the entry hallway, Giselle's office and the lounge. We also got new boards that are updated daily with the lunch menu and activities for the week. Along with a new and improved waiting room, we cleared all of the clutter! The lounge has brand new furniture that was donated from the Tribe's former Recovery Center (along with the pool table). Come and check it out for yourself!



Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month, the second and fourth Thursday of the month (usually).

Thursday, September 16, 2021

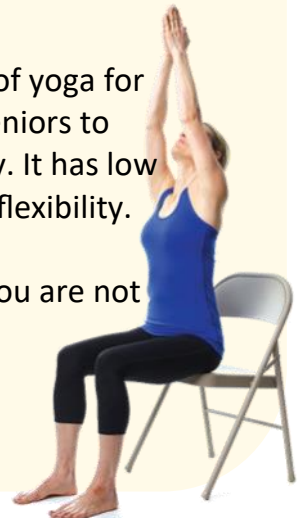
Thursday, September 30, 2021

CHAIR YOGA!

Catherine Cook is back to teach Chair Yoga every Tuesday and Thursday at 10:00 a.m. in the Sunroom.

Chair yoga is a beneficial form of yoga for any fitness level, from active seniors to those recovering from an injury. It has low impact on joints and improves flexibility.

Please wear a mask in class if you are not vaccinated or not comfortable without one.



National Holiday's!

In our calendar we included national holiday's to brighten up your day and try something new.



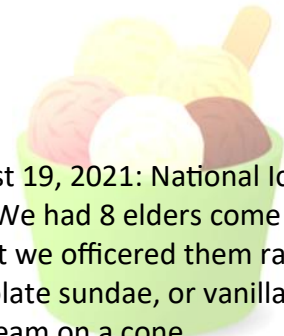
Tuesday, August 10, 2021: National S'more day! Katie made a s'more dip where she lined chocolate on the bottom of the pan, then marshmallows on top, placed into the oven for 15 minutes. Then we used the graham crackers to dip into the chocolate and marshmallows for a sweet treat.



Friday, August 20th was two holidays, National Lemonade Day and National Senior Citizens Day. So we played pool and life-size connect four and drank lavender lemonade. The lemonade was donated by local business Karahkwase Moon located at the four corners in Hogsburg. Everyone was able to get their own glass jar of lemonade and different recipes of lemonade made in their shop.



August 24th was National Waffle Day. Joy made waffle bowls and added vanilla yogurt, blueberries, strawberries and raspberries. It was So good. We also had wrapped waffle snacks for folks to take home and add to whatever treat they would like.



August 19, 2021: National Ice Cream Day! We had 8 elders come in. For desert we officered them raspberry, chocolate sundae, or vanilla lactose ice cream on a cone.

Thursday, September 2, 2021	National Berry Popsicle Day
Thursday, September 9, 2021	National Sudoku Day
Monday, September 13, 2021	National Peanut Day
Friday, September 17, 2021	National Country Music Day
Monday, September 20, 2021	National Punch Day/National Miniature Golf Day
Tuesday, September 21, 2021	National Miniature Golf Day
Wednesday, September 29, 2021	National Coffee Day

Senior Center Craft Class



August Craft: Bushel Basket Lid Wreath

Our first in-class craft class went great. Diane Boots and Nancy Oakes had a great time creating beautiful wooden wreaths.



September Craft: Pumpkin Quilted Homespun Coaster

Date: Wednesday, September 22, 2021

Time: 12:45 p.m.


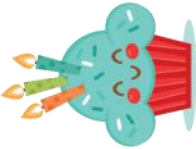

Doesn't everyone need a cute raggedy homespun plaid pumpkin coaster to sit that steamy mug of apple cider on? These little cuties can be whipped up in just an hour or so and will add a delightful little "detail" to your fall holiday decorating. Or make several and tie them up in some jute string as a thoughtful handmade gift set to keep on hand during the fall months.



Limited seating to 6 people, snacks will be provided. Please call Joy to reserve your seat at (518)358-2963. If you do reserve a seat and something comes up, please inform us that you can't make it because we always have a waiting list. Nia:wen.

Seskenhko:wa/September 2021

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wískhaton	Iahì:khaton
<p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at 518-358-2963.</p> <p>NOTE: Only 4 to a table in congregate lunch. Salads available, limited to 15 callers, first come, first serve.</p> <p>Senior Club activities such as massage, bingo, ace to king are pending until the senior club meeting.</p>			<p>1 Beef Stroganoff with Noodles Asparagus, Roll Cake Activity: Coloring Contest pages are available</p>	<p>2 Chicken Broccoli Alfredo, Toss Salad Italian Bread Pineapple Chunks Activity: 10:00 Chair Yoga 1:00 Harte Haven Shopping <i>National Berry Popsicle Day!</i></p>	<p>3 Baked Fish Roasted Potatoes Mixed Veggies, Roll Pears Activity: 10:30 Virtual Bowling</p>	4
8	6 <div>CLOSED</div> <div>Labor Day</div> <div>LABOR DAY</div>	<p>7 Stuffed Shells Caesar Salad Garlic Bread, Banana Activity: 10:00 Chair Yoga 1:00 Walmart Shopping</p>	<p>8 BBQ Ribs Wild Rice Mixed Veggies, Roll Yogurt & Berries Activity: 10:00 Senior Club Meeting in Sunroom 12:00 Coloring Contest Ends</p>	<p>9 Garden Salad Cheese Breadstick Fig Newton Cookie Activity: 10:00 Chair Yoga 1:00 Harte Haven Shopping <i>National Sudoku Day</i></p>	<p>10 Beef Stew French Bread Mandarin Oranges Activity: 10:30 Virtual Bowling</p>	11
12	13 Chicken Cordon Bleu, Mashed	14 Fish Burger Potato Wedges	15 Corn Soup Biscuit	16 Hamburger Gravy, Boiled Potato	17 Chef Salad Cheese Bread Sticks	18

<p>19</p>	<p>Potatoes, Wax Beans Apple Crisp w/ Whip Activity: 1:00 Bingo</p> <p><i>National Peanut Day</i></p>	<p>3 Bean Salad Peaches Activity: 10:00 Chair Yoga 1:00 Walmart Shopping</p>	<p>Vanilla Pudding Activity: 8:30 Watertown Shopping Trip</p>	<p>Green Beans, Roll Pineapple Chunks Activity: 10:00 Chair Yoga 1:00 Harte Haven Shopping</p> <p><i>Legal Aid Appointment with Linda LaRue</i></p>	<p>Strawberry Short Cake Activity: 10:30 Virtual Bowling</p> <p><i>National Country Music Day</i></p>	<p>7</p>
<p>20 Chili Johnny Cake Mixed Berries with Whip Activity: 1:00 Bingo</p> <p><i>National Punch Day</i></p>	<p>21 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Veggies Butterscotch Pudding Activity: 10:00 Chair Yoga 1:00 Walmart Shopping</p> <p><i>National Miniature Golf Day</i></p>	<p>22 Pancakes, Bacon Hash Browns Fresh Oranges Activity: 12:45 Craft Class: Pumpkin Quilted Homespun Coaster</p>	<p>23 BBQ Chicken Breast, Sweet Potatoes, Broccoli Roll, Tapioca Pudding Activity: 10:00 Chair Yoga 1:00 Harte Haven Shopping</p>	<p>24</p> <p>CLOSED</p> <p>Planning Day</p> 	<p>25</p>	
<p>26</p>	<p>27 Stuffed Peppers Black Bean and Corn Relish, Wheat Roll Pears Activity: 1:00 Bingo</p>	<p>28 Shepard's Pie Side of Gravy Roll, Apple Crisp Activity: 10:00 Chair Yoga 1:00 Walmart Shopping</p>	<p>29 Birthday Meal! Turkey with Gravy Mashed Potato Mixed Veggies Wheat Roll, Cake Activity: <i>National Coffee Day</i></p> 	<p>30 Baked Ziti Caesar Salad Bread Stick Applesauce Activity: 10:00 Chair Yoga 1:00 Shopping Harte Haven Shopping</p> <p><i>Legal Aid Appointment with Linda LaRue</i></p>		

How to talk to your friends and family about COVID-19 vaccines

Tips for handling tough conversations with your loved ones.

Vaccines save 2 to 3 million lives each year and are amongst the greatest advances of modern medicine.

The development of safe and effective COVID-19 vaccines is a huge step forward in our global effort to end the pandemic.

This is exciting news, but there are still some people who are skeptical or hesitant about COVID-19 vaccines. Chances are you know a person who falls into this category – maybe among your group of friends or in your family.

If you are unsure of how to approach conversations about vaccines with vaccine skeptics you know, you're not alone. We spoke to Dr. Saad Omer, Director at the Yale Institute for Global Health, about the do's and don'ts of navigating these difficult discussions.

Do connect with their values.

Even if you are feeling frustrated, it is important to be empathetic. "Make them feel heard," advises Omer. Attempt to connect with their underlying sentiment. For example, if they are tired of being kept from doing the things they want to do because of COVID-19, connect with them on the fact that places they enjoy will begin to open up again if we are all vaccinated against the disease. He suggests talking about COVID-19 and how devastating it has been. If you only speak about vaccines "it's not a full picture, and has somewhat lower chances of succeeding," he explains. When the discussion comes back to COVID-19, it places the focus on the trade-offs we have all had to make such as physically distancing ourselves from loved ones and missing out on normal daily activities.

Don't interrupt.

Make sure not to cut off, speak over or jump into correcting your loved one. Listen to the person you are talking to and meet them where they are. "You shouldn't agree with any false information, but you should empathize and continue the process rather than ending your relationship or ending the conversation," says Omer.

Do help them feel empowered.

Right now, many people are scared. The pandemic has completely transformed our lives. Omer suggests giving your loved one an empowering message: You can do something about this disease. Remind them that they can help change their own trajectory and their loved ones' trajectories in this pandemic by getting vaccinated. "[They] can do something about it. These vaccines work."



Don't focus on the myths.

"Be careful about countering a misperception too directly," says Omer. The discussion shouldn't be all or mostly about addressing a specific myth because there will always be more myths that follow. Calling attention to a myth can also backfire by making the myth more memorable than the facts. But sometimes, you cannot get out of addressing misinformation. If you find yourself in that position, Omer suggests the following approach: fact, warning, fallacy, fact. Here's how it works:

- **Start with the fact.** COVID-19 vaccines are extremely safe and effective.
- **Warn before the myth is coming.** Say, "there is misinformation about_____."
- **Mention the fallacy (myth) that you are addressing.**
- **End with the fact.** Show why the myth is not true.

The most important thing is to "replace the misinformation with the correct information," explains Omer.

Do assume they are going to get vaccinated.

Simply say to your friend or family member, "Let's go get vaccinated!" This method is called presumptive communication. "The announcement approach or presumptive approach has been shown to be successful in the clinic and is likely to work in personal communication," says Omer. You're not taking away someone's autonomy, all you are doing is establishing a verbal default.

Don't get discouraged.

Convincing someone who is opposed to vaccines is a long process. "It's extremely tough," says Omer. Remember that for those who are strongly opposed to vaccines in general, their opinions will not likely be changed in one conversation. The important thing? "Maintain a connection with them."

August Trip to Malone Fair

We went to the fair on Thursday for senior day. We almost cancelled because of possible thunderstorms; but we went anyway and it turned out to be a really nice day. We ate junk food, walked around and played bingo, just what the Dr ordered!



NO DONATIONS

We are so excited to have our seniors back in the building. We have been getting organized and working on building updates. At this time we are not accepting donations such as books, puzzles, clothes, decorations. We do not have the space at the moment. Nia:wen/
Thank you for thinking of us!



alzheimer's association®



24/7 Helpline
800.272.3900

Free and confidential! We're here for you all day, every day.

Dial 711 to connect with a TRS operator.

Call the Alzheimer's Association 24/7 Helpline (800.272.3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to local community programs and services; dementia-related education; crisis assistance; and emotional support. Care consultations are provided by master's-level clinicians. We can also provide you help in your preferred language using our translation service.

Education programs

Alzheimer's is a journey, not a destination. Taking an active role to educate yourself about how your life may be impacted by getting a diagnosis of Alzheimer's disease or other dementia can be an empowering first step to take control of your life. The Alzheimer's Association offers a number of education programs that can help you understand what to expect so you can be prepared to meet the changes ahead and live well for as long as possible. Find an education program in your community or you can take our free online courses:

- Understanding Alzheimer's and Dementia
- Living with Alzheimer's: For People with Alzheimer's Disease
- Living with Alzheimer's: For Younger-Onset Alzheimer's
- Legal and Financial Planning for Alzheimer's Disease

The Alzheimer's Association is here for you, day and night. Our programs and support services connect you with peers and professionals to help you make the plans and adjustments necessary to live your best life for as long as possible.

Satonhá:ren tsi Saksie'rite

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|-------------------------|------------------------|---------------------|
| 1- Lorene Herne | 9- Helen Sherwood | 28- Debbie Gauthier |
| 2- Helen Samson | 14- Yvonne White | Janice Duso |
| Hilda Smoke | Patricia White | Julia David |
| 3- Peter Back | 16- Donny White | John Herne |
| Clover Dishaw | 17- April White | 29- Karen Benedict |
| Leo Belfy | 19- Sylvia Quenneville | Barbara Lazore |
| 4- Delia Cook | 22- Cynthia Sawatis | 20- Nancy Vosbrink |
| Doris Thomas | Bonnie McDonald | Hilda Herne |
| Alice Thompson | 24- Anna Lambert | Joseph Cook |
| 5- Beverly Freda Barney | 25- Abe Gray | |
| Carolyn Durrant | 27- Elizabeth Perkins | |
| Dewey Garrow Sr | | |
| 6- Dennis White | | |

Bold are Saint Regis Mohawk Senior Club Members

Our First Birthday Party in 18 months!

August 25th we celebrated our August Birthday people. The activities department decorated, we had spaghetti for lunch and birthday cake for dessert. Activity coordinator Katie read allowed the Birthday list and we all sang Happy Birthday to our 5 birthday honoree's that came in for lunch. Of course we had to put them in silly hats and glasses to take a picture. They also received a birthday card from the staff and 3 lunch certificates to come back for lunch. Birthday meals are celebrated the last Wednesday of every month. Please come in if it's your Birthday!



Val Garrow, Iris Herne, Iona Castagnier



Gary & Donna Mae Dumbville



St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 PERMIT # 4

If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**